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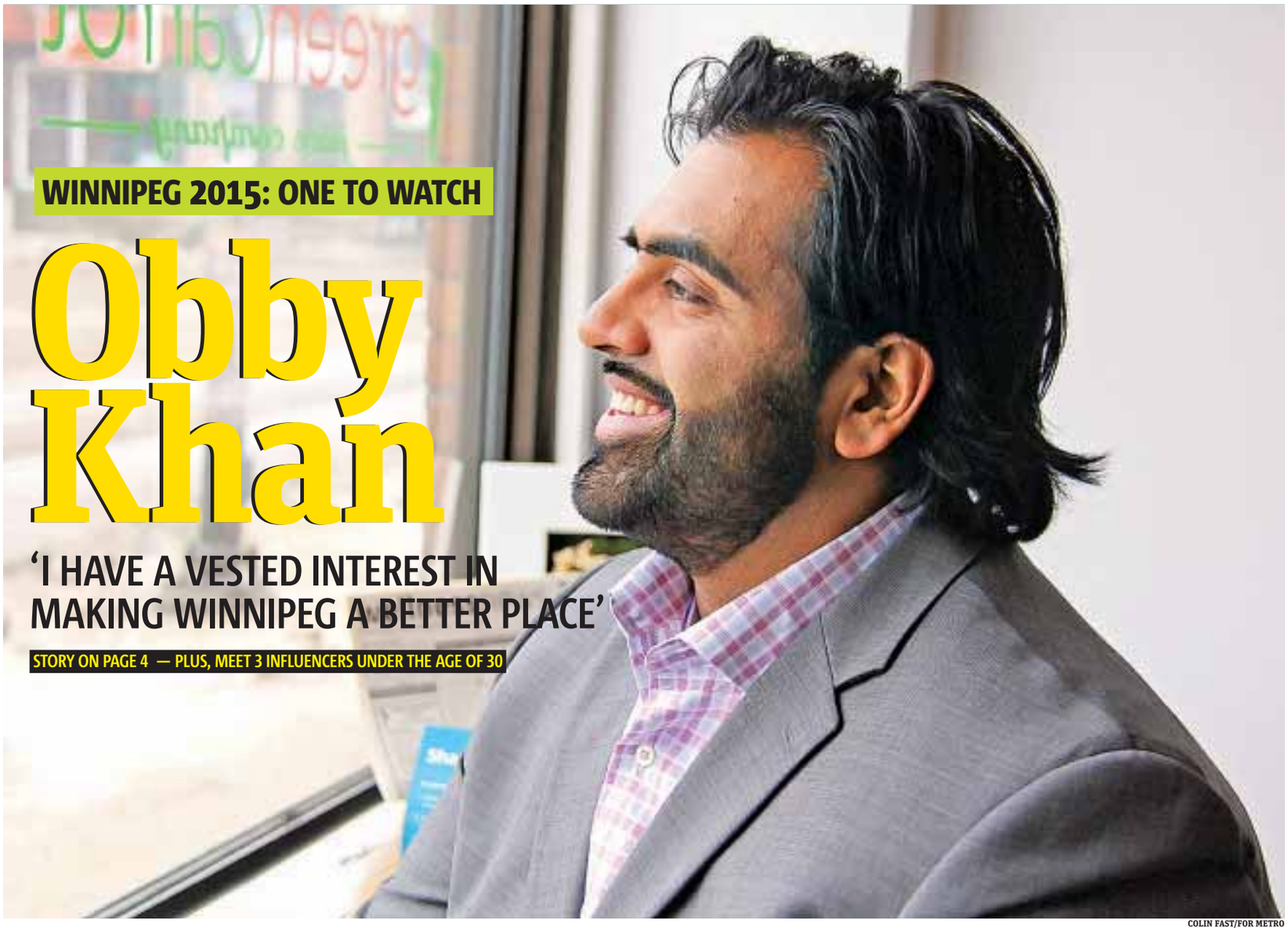
INSIDE:

• It's not enough to talk about sexual assault — we need action (Pg 8)

• Are we any closer to the 2015 envisioned in Back to the Future 2? (Pg 17)

• Colin Fast's New Year's resolutions for Winnipeg (Pg 15)

and more...



WINNIPEG 2015: ONE TO WATCH

Obby Khan

'I HAVE A VESTED INTEREST IN MAKING WINNIPEG A BETTER PLACE'

STORY ON PAGE 4 — PLUS, MEET 3 INFLUENCERS UNDER THE AGE OF 30

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NEWS

Best NYE bashes in the city

For auld lang syne.
Resolve to ring in the new year at one of the many shindigs going down on Dec. 31

ELISHA DACEY
elisha.dacey@metronews.ca

Make fireworks of your own at one of the great parties happening in Winnipeg on New Year's Eve. TED GRANT/CHRISD.CA/FILE

When New Year's Eve falls on a Thursday, it becomes an epic partying weekend.

And when you live in Winnipeg, where it's usually bloody cold on Dec. 31, nothing warms the body better than ringing in the new year and getting together with other Winnipeggers to celebrate.

There's plenty to do this New Year's Eve in the city. Here are some of your best bets:

1. New Year's Eve Hollywood Glam at the RBC Convention Centre. Dress up for a night out with Ron Paley's 21 Piece Band and start the new year in serious style. Tickets start at $50 and are available at newyearseve@wcc.mb.ca.

2. The Forks is a family mainstay, and this year, the fireworks are going off early. Archangel Fireworks always puts on a spectacular show, scheduled after dark at 8 p.m. Other events begin at 4 p.m., and there's always skating in Arctic Glacier Winter Park.

3. The Resolution NYE Gala in support of Macdonald Youth Services is quickly becoming *the* Dec. 31 party for young professionals in this city. In its third year running, this year's event is at the Radisson Downtown and features DJ Halmark and Sythy Lox. Tickets start at $50 and more info can be found at resolutionnyegala.com.

The next day, pretty much everything is closed — which is good, because you'll likely be in recovery.

Some retail stores are open, but the malls are not.

If you need to get the kids out of the house, Kid City is open, as is Great Big Adventure.

Getting around

- How do you get to events on New Year's Eve? You take a bus, of course. Winnipeg Transit offers free rides on New Year's Eve and we all know Winnipeg loves free. Download Winnipeg Transit's free app to find your free ride.
- Prefer a cab? You can call one, but be prepared to wait a while as cabbies will be extremely busy.
- You can also try Operation Red Nose to drive you and your car home. The hotline is: 947-NOSE (6673)

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WINNIPEG 2015: ONE TO WATCH

Showing that Khan-do spirit

Interview. Former Blue Bomber Obby Khan finds success in the business world

COLIN FAST
winnipeg@metronews.ca

Two years ago Obby Khan was still crushing opposing linemen in the CFL, but now he's tackling a growing restaurant empire, a busy schedule of charity events and maybe a future political career.

It has been a big change for the 34-year-old former Blue Bomber, but it follows a playbook he drew up several years ago for his post-football career.

"I had created such a positive rapport with the people of Winnipeg, but if I didn't hit the ground running with another concept, this image of Obby Khan would have been gone," he said.

He pushed that image front-and-centre when he opened his Shawarma Khan restaurant in the Exchange District in 2013. He quickly added four shawarma stands at Investors Group Field and the Green Carrot Juice Company in Osborne Village.

In 2015, Khan and his business partners will expand further with another Green Carrot location at the airport and a new restaurant concept in the Exchange District.

"I'm passionate about offering real, healthy food in a casual dining atmosphere," he explained. "I think our food is awesome, and it's great to be creating jobs in Winnipeg."

Altogether, that means he manages 50 employees, which is impressive for a guy with no formal business training. Khan was on his way to medical school when Bomber legend Cal Murphy convinced him to give pro football a try instead.

"Now I kind of wish I went to med school, because running restaurants is hard work," Khan joked.

In addition to his business activities, Khan is also busy on the charity events circuit as an emcee and guest speaker.

Obby Khan on football and teamwork: "I try to relate what I learned in football to running restaurants. It's a team job. It's about communication, leadership, responsibility, respect and trust. All the factors I learned in football, I really put them to use here — other than beating the crap out of my staff." COLIN FAST/FOR METRO

"I was raised in a very traditional Pakistani Muslim family and one of the five pillars of our faith is charity," he said. "I think it's important to give back. That's just who I am."

So could that community involvement lead to a career in politics?

Khan was a high-profile supporter of Mayor Brian Bowman, and he was seen rubbing elbows with Ontario Premier Kathleen Wynne and federal Liberal Leader Justin Trudeau when they were recently in town.

"It's no secret I'm involved at the political level. I think everyone should be," he said. "I'm very involved in what's going on in the city because I have a vested interest in making Winnipeg a better place. All those things seem to point one day maybe toward a political career."

Quoted

"I'm passionate about offering real, healthy food in a casual dining atmosphere. I think our food is awesome, and it's great to be creating jobs in Winnipeg."
Obby Khan

WINNIPEG 2015: TOP 3 INFLUENCERS UNDER 30

1 Michael Redhead Champagne: The motivator

Michael Redhead Champagne is already a shining light in his own neighbourhood, but 2015 might be the year "M.C." becomes a star on a national scale.

Preaching a message of hope for young aboriginal people, Champagne will hit the road for a motivational speaking tour throughout Manitoba, B.C., Quebec and Ontario in the spring. He's also starting work on his first book.

Back home, Champagne will continue to grab his megaphone every Friday to lead the "Meet Me at the Bell Tower" anti-violence marches along Selkirk Avenue, and he'll celebrate the fifth anniversary of Aboriginal Youth Opportunities (AYO!), the organization he created to engage more young people in politics and community activities.

The 27-year-old also recently took over as president of the North End Community Renewal Corporation, and he said he looks forward to completing the fundraising campaign for the Merchants Hotel redevelopment and launching a new small-business initiative.

COLIN FAST/FOR METRO

2 Chris Karasewich: The innovator

Chris Karasewich took Winnipeg's innovation community by the horns this year with a new way for ranchers to keep information on their herds.

Cattle Track replaces manual logbooks with a smartphone app that records data like weight, vaccinations and medical history for each animal.

It promises to save ranchers a lot of time, and possibly make Karasewich a lot of money.

The idea came to life during a brainstorm competition in May, and by November, he had advanced it enough to win a business pitch event.

Two weeks later, Karasewich won another business competition with an entirely different concept for a low-cost alternative to temporary employment agencies.

The 28-year-old digital marketer credited the hyper-entrepreneurial environment at Start Up Winnipeg with sparking his creativity, and he said he's going to keep rustling up new business concepts and investors in the new year.

COLIN FAST/FOR METRO

3 Desiree Scott: The Destroyer

Desiree Scott earned the nickname "The Destroyer" for her aggressive play on the soccer pitch, but since her standout performance at the 2012 Olympics she's been killing it off the field as well.

Scott has become the face of soccer in Manitoba, coaching at skills camps, cutting ribbons at facility openings and appearing at countless media events to help promote the 2015 Women's World Cup.

On top of all that, the 27-year-old former University of Manitoba Bison has maintained a busy playing schedule, including an exhibition match in front of 28,000 fans at Investors Group Field last summer.

She currently splits her time between the national team and Notts County Ladies FC in England's highest-ranking women's league.

While Team Canada won't be featured in any matches in Winnipeg next summer, The Destroyer will still be the focus of attention for many local soccer fans.

COLIN FAST/FOR METRO

WINNIPEG 2015: COUNCIL

2015 budget a 'work in progress'

Time for some new ideas. City council hopes to adopt a new budget strategy to deal with Winnipeg's growing city demands

BERNICE PONTANILLA
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The city's rookie finance chair is ready to roll up his sleeves and find new revenue streams for the municipal coffers.

Coun. Marty Morantz (Charleswood-Tuxedo) said he's thankful for the opportunity he's been given and is open to exploring ways to raise money other than the usual property tax increase.

This includes an idea Mayor Brian Bowman floated during the election campaign: a municipal sales tax.

"There are many issues around how we could deal with (the 2015 budget) and I can't really say how it's going to all unfold, it's just a work in progress," said Morantz, who called property taxes "regressive and inadequate."

"We know what the goal is, which is that we are legislatively mandated through the charter to bring in a balanced budget."

Coun. Russ Wyatt (Transcona), the former finance chair, said the moment is now for city council to create a strategic plan for the next four years — one that could reconcile the wishes of the new and returning councillors and the mayor.

"We need to co-ordinate all those different voices and you do that by writing a strategic plan," he said.

"We have so many issues, demands of a modern city: we have issues with regards to traffic congestion, we have issues such as rapid transit, we have recreation, we have the existing infrastructure, we have underground services that need attention, and then on top of it, we have so many social challenges in the city."

Wyatt also said he hopes the new council keeps the one per cent tax hike for the repair of regional streets and one per cent hike for local roads.

Both Morantz and Wyatt said they'd like to see more funding from the provincial and federal governments.

Quoted

"We have so many issues, demands of a modern city: we have issues with regards to traffic congestion, we have issues such as rapid transit, we have recreation, we have the existing infrastructure, we have underground services that need attention, and then on top of it, we have so many social challenges in the city."

Coun. Russ Wyatt
on the factors affecting Winnipeg's budget

Election promises

Mayor Brian Bowman pledged during the election to find two per cent in "departmental operating costs" that included seeking fuel efficiencies for by phasing in more fuel efficient vehicles into the city's fleet, switching software licences to less expensive options, and LED lights for municipal buildings.

- Bowman already succeeded in another promise: reducing the salaries of the mayor, executive policy members, speaker and deputy speaker.

Coun. Marty Morantz, seen here at an executive policy meeting on Dec. 3, called property taxes "regressive and inadequate." BERNICE PONTANILLA/METRO

Quoted

"We know what the goal is, which is that we are legislatively mandated through the charter to bring in a balanced budget."

Coun. Marty Morantz, finance chair

WINNIPEG 2015: SPORTS

‘Year of Sports’ spells big cash for Winnipeg in 2015

Economic spin-off. As the city plays host to a series of major sporting events next year, all the good sportsmanship could also bring an influx of money

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Japan’s defender Azusa Iwashimizu (left) vies with U.S. midfielder Carli Lloyd during the women’s Algarve Cup football match Japan vs. USA at Parchal stadium in Portimao on March 5, 2014. Both teams will be in Winnipeg next year. FRANCISCO LEONG/AFP/GETTY IMAGES

With high-profile sporting events like the Grey Cup and FIFA Women’s World Cup matches coming to Winnipeg next year, nobody argued with Premier Greg Selinger when he called 2015 the “year of sport” during his State of the Province address.

But according to Tourism Winnipeg, 2015 could just as easily be called the “year of economic spin-off” for Manitoba’s capital, with tens of thousands of visitors — and their wallets — expected to flood into Winnipeg for the sporting events.

“Since the draw announcement for FIFA Women’s World Cup … the hotel reservations have already been filling up,” Tourism Winnipeg’s sales manager for sports and special events, Evan Andrew, told Metro just a few days after the draws were announced Dec. 6 — draws that saw Winnipeg get games that include the U.S. women’s team.

“That was huge for us,” said Andrew, of securing the U.S. games. “We’re expecting a significant number that will come from south of the border because of our proximity to Minnesota, which is a huge soccer state.”

With World Cup matches running from June 6 to July 5, Andrew said visitors will have plenty of time to check out Winnipeg’s other attractions, meaning it won’t be just hotels, restaurants and taxi cabs seeing an uptick in revenue during the games.

Andrew said the good news would keep on coming for Winnipeg’s economy into November, when Investors Group Field plays host to the Grey Cup.

“We know that the city sold out for hotel rooms when we last hosted,” he said.

“Obviously we can’t say that’ll happen again, but the early indication are that a lot of the inventory has already been booked up.”

More sports!

Winnipeg is also playing host to the Canadian Ultimate Championships and the Canadian Native Fastball Championship in August. Source: Tourism Winnipeg

FIFA Women’s World Cup

“We’re expecting a significant number (of people) that will come from south of the border because of our proximity to Minnesota, which is a huge soccer state.”

Evan Andrew, sales manager for sports and special events, Tourism Winnipeg

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CANADA 2015: SEXUAL ASSAULT

Will talk translate into action?

Conversation. If we don't make changes, we risk losing any progress we've made this year

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Society is fickle.

It always has been, in a way, but we see it more today than ever before.

It used to take hours for news to spread across the country or around the globe, landing in your living room just in time for breakfast. Now, it spreads faster than a British Columbia wildfire during a drought.

As a result, the conversations we have often change just as fast. Outrage about government scandals blends into chatter about the best new meme blends into more outrage about whatever's captured our short attention spans. We are like kittens working the production line in a glitter factory.

The conversation we had about sexual assault this year broke the modern-day mould.

Sparked largely by now dethroned CBC Radio icon Jian Ghomeshi accused of using power to parlay violence, Canada's dialogue about what's right and just plain wrong in the bedroom, workplace and everywhere else didn't blend into anything else.

It was, for months, at the forefront of intense political debates, casual coffeehouse conversations and, perhaps most importantly these days, social media. Hashtags like #BeenRapedNeverReported and #NoMore started trending on Twitter as a steady line of women stepped forward to declare they had been raped, felt up or treated like a sex toy. Could it be that after decades of hushed back-room whispers about body shapes and less-than-consensual one-night stands that we had turned a corner?

Everyone hoped — and continues to hope — that's the case. Given our past behaviour, however, it's doubtful. Remember the throngs of Hollywood stars who stood front and centre during the HIV/AIDS movement? How about all those moustaches proudly sprouted for Movember? Or the deaths of Michael Brown and Cpl. Nathan Cirillo?

All were, at some point in the very recent past, issues pushed to the forefront of a communal march toward a better world. But, unfortunately, the fervor has died.

When was the last time you saw someone wearing an AIDS ribbon? Canada raised 45 per cent less for Movember this year than in 2013.

The #BlackLivesMatter hashtag, synonymous with Brown's death at the hands of a Missouri police officer, is still being used, but it's hardly trending. After being gunned down on Parliament Hill, Cirillo is now being remembered as only one of many stories of 2014.

Our conversation about sexual assault risks the same fate unless it moves from talk to action in 2015.

Promises by political committees dedicated to the topic need to be fulfilled, promises of more support for victims need to become reality and victims need to continue coming forward with stories that turn enough stomachs to hold our attention spans — over and over again.

CANADA 2015: COURT

We saw a lot of big names land in court this year, which means there will be a lot of courtroom drama to watch in 2015. These are some of the major criminal cases to keep an eye on, according to Canadian defence lawyer Daniel Brown.

JESSICA SMITH CROSS
Metro in Toronto

5 High profile court cases to watch

Sandro Lisi

TORSTAR FILE

Former Toronto mayor Rob Ford's friend and driver Alexander (Sandro) Lisi is expected to go on trial for charges of extortion, as well as trafficking in marijuana, possession of the proceeds of crime, possession of marijuana and conspiracy to commit an indictable offence.

Lisi is accused of extorting Liban Siyad and Mohamed Siad in attempts to get the first Ford crack video.

There is no guarantee the public will get a chance to see the crack video in the course of the Lisi trial because it is possible it won't be used as evidence, Brown said.

Ford has been subpoenaed. "We can expect Rob Ford might come to court and testify, presuming he's healthy enough to do so," Brown said.

Jian Ghomeshi

THE CANADIAN PRESS FILE

The case against former Q radio host Jian Ghomeshi will make its way through the court system and may go to trial in 2015, said Brown.

Ghomeshi is charged with four counts of sexual assault and one count of "overcome resistance, choking" involving three victims.

Details of the case will be made public in the New Year, but the identity of two of the women accusing him of sexual assault will remain covered by a publication ban.

The third, actress Lucy DeCoutere, requested to be named publicly.

James Forcillo

TORSTAR FILE

James Forcillo is charged with second-degree murder and attempted murder in the July 2013 Toronto streetcar shooting death of Sammy Yatim.

His trial will be a rare one — a police officer charged with murder.

Yatim, 18, was allegedly holding a knife on an empty Dundas West streetcar when he was shot eight times. Cellphone video and surveillance video of the shooting have been seen by the public and spurred anti-police-violence protests across the city.

Dellen Millard

CONTRIBUTED

Dellen Millard faces three counts of first-degree murder, including one for the death of Tim Bosma.

Bosma went missing after leaving his Ancaster, Ont., home to take the truck he was selling on a test drive. His burned remains were later found on Millard's farm.

Mark Smitch is also charged in that homicide.

Millard is also charged with first-degree murder in the death of his father and the death of Laura Babcock, a friend who went missing in June 2012.

Justin Bieber

THE ASSOCIATED PRESS FILE

Justin Bieber, accused of dangerous driving and assaulting a member of the paparazzi, could face a trial in Stratford, Ontario, Brown said.

Bieber himself has not made a court appearance in the case, disappointing the Beliebers who have been on hand to catch a glimpse.

"If his case goes to trial, we can expect him there," said Brown.

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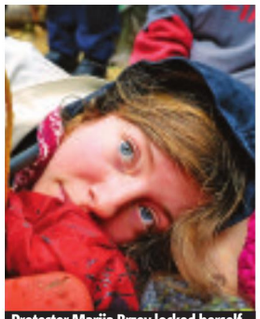

Protester Marija Brzev locked herself to a cement block with a bike lock on Nov. 20. JENNIFER GAUTHIER/FOR METRO

Pipelines' futures unsure

Once considered a rather ho-hum line of business, pipelines dominated much of the public discourse in 2014. In recent years, the debate has spread beyond the direct environmental impacts into broader issues around anything from global climate change to First Nations rights.

Although proposed projects from Alberta's oilsands to the east, west and U.S. Gulf coasts made some progress over the past year, their prospects remain far from certain.

A near-halving in crude prices over the past six months has led to widespread belt-tightening in the oilpatch, calling into question future demand for new transport infrastructure. But that's just one of the litany of challenges for pipeline builders seeking "social licence" to build their projects — measures that go beyond simply obtaining the necessary government permits.

Enbridge, which has conditional federal approval, has been "re-engaging" with B.C. First Nations along the route, many of which have been outspoken opponents of the project, concerned a spill would destroy the water on land on which they rely.

Pipelines have also been at the centre of a larger public debate about fighting climate change. THE CANADIAN PRESS

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CANADA 2015: MARIJUANA

MediJean cannabis plant care technician Misad Shazi sprays water on marijuana plants growing at the medical marijuana facility in Richmond, B.C., in March. DARRYL DYCK/THE CANADIAN PRESS

Growing pains for pot industry

Medical marijuana. Patients complain of high prices, low supply under revamped rules

Shaun Simpson has had a migraine headache for the past seven years.

About two and a half years ago, he received a prescription for medical marijuana, which he ordered from Health Canada. "It's really changed my life as far as day-to-day routine goes," he said.

Simpson is among tens of thousands of Canadians who have used medical marijuana legally since 2001, and, like many of those patients, he was forced earlier this year to adjust to a massive overhaul of the system.

The federal government implemented new rules prohibiting patients from growing their own pot and instead restricted production and sale to a new collection of licensed commercial operations.

But the system has been beset by complaints of low supply and high prices.

Some commercial producers have long waiting lists and are plagued by frequent sellouts, and approvals for new operations to fill the gap have been slow.

Ottawa introduced the previous medical marijuana regime following a court decision in 2000 that ordered it to provide access to the drug.

About 38,000 patients received authorizations under that system, most of whom either chose to grow at home or asked someone else to grow it for them. Several thousand bought directly from Health Canada, which sold a single strain for $5 a gram.

The previous regime was repealed on March 31 of this year, leaving fledging commercial producers the only official option. However, a Federal Court judge issued an injunction that has allowed many patients to continue growing their own until a trial examining the updated rules in the new year.

There are currently 15 companies licensed to produce and sell medical marijuana; eight others are licensed to produce the drug but not to sell it.

Prospective suppliers must meet a list of strict conditions, including rigorous security requirements and measures to control odours.

There have only been three new licences to sell marijuana issued since the summer, the most recent being MariCann, located in southern Ontario, which was added in early December.

Of those, 13 were awaiting a pre-licence inspection — the final step before being approved. THE CANADIAN PRESS

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WORLD 2015: INTERNET ACTIVISM

The tangled web we've woven

Hackers calling themselves "Guardians of Peace" wreaked havoc on Sony Pictures in one of the most eye-opening of many recent instances of Internet-based activism. AFP/GETTY IMAGES

E-politics. The Internet has come into its own as a force for social change, both good and bad, and in this new world we'll all need to be brave

MATT LAFORGE
matt.laforge@metronews.ca

If 2013 was the year when, in light of the Edward Snowden disclosures, we finally reckoned with the true power of the Internet as wielded by governments and corporations, then 2014 was the year when, in light of the Woody Allen, Jian Ghomeshi and Bill Cosby affairs, GamerGate, and the anti-police-brutality protests — we reckoned with the true power of the Internet as wielded by civil society. (And then at year's end, of course, along came government's reply, in the form of the Sony hacks, which the U.S. eventually confirmed were the work of North Korea.)

The lessons we've learned have been profound, and the anxiety and uncertainty that remain will, I believe, lead to major social changes in 2015 and beyond. I don't know what they'll be but I guarantee they're coming.

Above all, what we'll continue to come to grips with in the coming years is that the Internet can do more than merely supplement the processes of the brick-and-mortar world; it can supersede and even outright replace those processes.

A government can spy on you planting a bug.

A police officer thought to have committed an act of brutality can be identified, whether mistakenly or accurately, without his department releasing his name.

A man can be accused of being a sexual criminal, and be condemned by wide consensus — attaining a measure of social justice for victims and families — without the authorities trying, convicting or even arresting him.

A major entertainment conglomerate can have its private documents made public and can be forced, under threat of violence, to bury a $42-million movie without anyone breaking into the company's offices or so much as speaking to an employee. On some level, we've known for a while now that such things were possible. But there's a difference between knowing something could happen and watching it happen.

When the primacy of certain institutions — the criminal-justice system, for one — is no longer taken for granted, value systems are reopened for debate. It's in periods of such flux that great progress stands to be made. The wide-open questions that face us heading into 2015: Who will progress and at whose cost?

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WHO WE SAID GOODBYE TO IN 2014

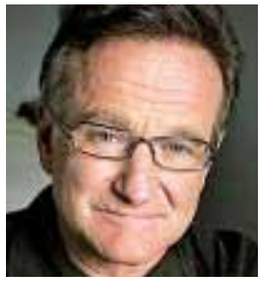
A list of some of the newsmakers who passed away this year.

Farley Mowat, 92

Master storyteller and tireless defender of nature and wildlife. He penned some 40 books, including Never Cry Wolf and The Boat Who Wouldn't Float. May 7.

Robin Williams, 63

Academy Award winner and comic supernova whose explosions of pop culture riffs and impressions dazzled audiences for decades. Aug. 11.



THE ASSOCIATED PRESS

Ariel Sharon, 85

Israeli general and prime minister who was both admired and hated for his battlefield exploits and ambitions to reshape the Middle East. Jan. 11.

Mavis Gallant, 91

Montreal-born writer who carved out an international reputation as a master short-story author while living in Paris for decades. Feb. 18.

THE CANADIAN PRESS

Maya Angelou, 86

Author and poet who rose from poverty, segregation and violence to become a force on stage, screen and the printed page. May 28.

THE ASSOCIATED PRESS

Mickey Rooney, 93

Pint-size actor and all-around talent whose 80-year career spanned silent comedies, Shakespeare, Judy Garland musicals, Andy Hardy stardom, television and the Broadway theatre. April 6.

Philip Seymour Hoffman, 46

He won a best actor Oscar in 2006 for his portrayal of writer Truman Capote in Capote and created a gallery of other vivid characters, many of them slovenly and comic figures. Feb. 2.

GETTY IMAGES

Knowlton Nash, 86

Veteran CBC broadcaster best known as anchor of late evening news program The National from 1978 until his retirement in 1988. May 24.

Alistair MacLeod, 77

Prairie-born author who won the 2001 IMPAC Dublin Literary Award with his only novel, No Great Mischief. April 20.

Joan Rivers, 81

Raucous, acid-tongued comedian who crashed the male-dominated realm of late-night talk shows and turned Hollywood red carpets into danger zones for badly dressed celebrities. Sept. 4.

THE ASSOCIATED PRESS

Shirley Temple, 85

Dimpled, curly haired child star who sang, danced, sobbed and grinned her way into the hearts of Depression-era moviegoers. Feb. 10.

Jim Flaherty, 64

The former Canadian finance minister was a fixture on the world financial stage who stepped down in March to return to the private sector. He was credited with helping get Canada back on track to a balanced budget following the 2008 financial crisis. April 10.

THE CANADIAN PRESS

Rubin (Hurricane) Carter, 76

Boxer whose wrongful murder conviction became an international symbol of racial injustice. April 20.

THE CANADIAN PRESS

Ben Bradlee, 93

Hard-charging editor who guided The Washington Post through its Pulitzer Prize-winning coverage of the Watergate scandal and invigorated its newsroom for more than two decades. Oct. 21.

L'Wren Scott, 49

She left her small-town Utah home as a teenager to become a model in Paris, then a top Hollywood stylist and finally a high-end fashion designer known as the longtime girlfriend of Mick Jagger. March 17.

GETTY IMAGES

Jean-Claude Duvalier, 63

He presided over what was widely acknowledged as a corrupt, brutal regime as the self-proclaimed "president for life" of Haiti until an uprising sent him into a 25-year exile. Oct. 4.

Big Bank Hank, 57

Member of the pioneering hip-hop group the Sugarhill Gang, responsible for one of the most popular rap songs of all time, Rapper's Delight. Nov. 11.

Lauren Bacall, 89

Slinky, sultry-voiced actress who created on-screen magic with Humphrey Bogart in To Have and Have Not and The Big Sleep — and off-screen magic in one of Hollywood's most storied marriages. Aug. 12.

THE ASSOCIATED PRESS

Oscar de la Renta, 82

Worldly gentleman designer who shaped the wardrobe of socialites, first ladies and Hollywood stars for more than four decades. Oct. 20.

Pat Quinn, 71

Former NHL player, longtime coach and executive. He coached for the Philadelphia Flyers, Los Angeles Kings, Vancouver Canucks, Toronto Maple Leafs, and Edmonton Oilers, reaching the Stanley Cup Finals twice. Nov. 23.

THE CANADIAN PRESS

VOICES

WINNIPEG 2015: NEW YEAR'S RESOLUTIONS

LET'S GET DOWN TO BUSINESS

There's plenty of work to be done at city hall in the new year

COLIN FAST
winnipeg@metronews.ca

OK Winnipeg, so we've had a pretty big year.

Jennifer Jones and Jonathan Toews won Olympic gold. We hosted a big bash for the Junos. The Bombers briefly resembled a competitive football team. And after an election that seemed to last for 18 months, we picked a shiny new mayor and a whole bunch of gleaming new councillors.

After all that excitement, we might be tempted to just sit back and relax for a while, but we can't let the Bowmentum, err, momentum, stop!

No, it's time to make some serious resolutions for the year ahead, and we're going to start with our waistline …

Put down the doughnut!

Winnipeg continues to bulge at the seams, with little political willpower to get things under control. Just this month, city council approved another huge new subdivision in the far northwest. Meanwhile, efforts to build infill housing — like along the first phase of the Southwest Transitway — continue to lag.

Yes, a modest number of new residents have chosen to live downtown, but many more are flocking to the far corners of the city. If we can't figure out a way to exercise more portion control when it comes to new developments, then suburban growth is going to kill us. Which means we should really all …

Mayor Brian Bowman and Minister Kevin Chief will do a lot of talking this year. SHANE GIBSON/METRO

Get off the couch!

The pedestrian and cycling strategy will make its way to city hall in the new year, and it has the potential to transform the way people get around this town.

By ensuring pathways are better connected and that all major routes include cycling and pedestrian infrastructure, the city could encourage more densely built neighbourhoods and significantly grow the 7.6 per cent share of commuters who currently get to work on foot or bike.

But with a predicted price tag of around $334 million, the strategy won't be cheap to implement, which leads us to …

Get your finances in order!

Everyone says this is going to be a difficult budget year. Heck, executive policy committee members even cut their own pay as a symbolic sacrifice in advance of budget deliberations.

The mayor has committed to limiting property-tax increases to the rate of inflation, but with growing demands for infrastructure improvements — including the next phase of bus rapid transit — that's going to be hard without cutting back somewhere else. There are savings to be found at city hall, but the real answer to the problem is …

Call your dad more often!

The only way the city is going to make serious progress toward eliminating the infrastructure deficit is by negotiating a new deal with the province. And to do that, the two sides are going to need to talk a lot more than they did during the Sam Katz years.

Thankfully, there are some positive signs on this front. Mayor Brian Bowman and Minister Kevin Chief have been spending a lot of time together lately, and if Bowman can convince the province to go along with his proposal for a bigger share of PST revenues, then it could be a very happy new year in Winnipeg.

New Year's resolutions for newsmakers *as imagined by Rebecca Kohler*

REBECCA KOHLER
readers@metronews.ca

People who participated in the Ice Bucket Challenge: This year, we resolve to donate to charity without being tagged by a friend on Facebook. And this year, we will actually donate money, not just a video of ourselves in that cute bikini we bought in Vegas.

Don't tell anyone, but we didn't even put ice in the water. In fact we warmed it up and put lavender bath salts in it. We pretended it was cold, but it was actually really soothing.

Jian Ghomeshi: This year, I resolve to start a really cool radio show about arts and culture. My only guest will be my mom and we'll broadcast from my childhood bedroom. If need be, I will relocate my studio to the Millhaven Institution.

Apple: Last year we released the iPhone 6, but that's old news — let's face it, it was old news five minutes after you bought it. (Sucker.)

This year, we resolve to launch the iPhone 10 — we'll release the 7, 8 and 9 quickly throughout the year but their batteries will only last for two months and we'll make sure their screens smash faster than Humpty Dumpty's skull.

The iPhone 10 will be nicknamed the iPhone Large and will be the size of an iPad Mini but so thin you won't be able to see it. It will come with an app that eats money and can be purchased on layaway with your first-born child as down payment.

Ebola: In 2015, I resolve to do more travelling. I hear Iceland is gorgeous!

Renée Zellweger: In 2015, I resolve to not change my face. I won't get Botox, or chemical peels (maybe one) and I will love myself for who I am.

It's hard because the film industry makes me feel bad about myself, so I changed my face, but then they all made fun of me so it's like, "What?!"

No, but seriously, I'll just stick to moisturizer and maybe some Retin-A but no fillers. I mean, who am I, Meg Ryan?

Malala Yousafzai: I am honoured to have won the Nobel Peace Prize in 2014. I resolve this year to continue being one of the most inspirational people on the planet.

Perhaps in 2015 I will try improving the world further by posting a no-makeup selfie. I can only hope to be so brave.

Justin Bieber: 2015: Girls, peeing, mop-buckets, eggs, depositions, yo. Peace.

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SCENE 2015: BACK TO THE FUTURE

Marty!! Are we any closer to trying your hoverboard?

Back to the Future 2 year is nigh. 2015 will bring us into the movie's future minus the DeLorean so let's do some comparisons

NED EHRBAR
Metro World News in Hollywood

I think we would all like Marty's hoverboard to arrive sooner than later. HANDOUT

It's time, everybody. We're finally reaching 2015, the future presented in the 1989 sequel Back to the Future II that was full of auto-drying jackets, freeze-dried pizza and hoverboards. So now is about as good a time as any to take stock and see how we're doing with the technological advancements predicted in the film.

Hoverboards
It looked like we almost had this a year ago, but it turned out to be a Funny or Die hoax that Tony Hawk was in on. He's back again saying for real he's really tried one out, but we're finding it hard to trust again. Besides, if Segways never really took off, what hope do hoverboards have?

Flying cars
Possibly the biggest gripe people today have about the future we were all promised. Way to continue that wave of disappointment, Back to the Future II.

Food hydrators
Still not sure exactly how this technology is supposed to rejuvenate and enlarge a hockey puck-sized frozen pizza, but that's beside the point. The film apparently predicted that Black & Decker would still be the reigning kitchen gadget company of the future. Boy, were they wrong.

Giant in-wall video conferencing
In the film, they basically combine giant home flat-screen TVs and Skype. They even had the foresight to predict the massive, industry-wide aspect ratio change to widescreen.

Nike Air Mags
Nike actually released a replica version of these totally boss high-tops in 2011, but they weren't actually self-lacing, so really what's the point? We're stilling bending down to tie our shoes like our parents and grandparents.

Flying automated news cameras
This one's not that far off, actually, given the rise of consumer-level remote-control drones and GoPro cameras. So good work, movie.

Double neckties
Thank God these never caught on. The less said about this bizarre fashion choice, the better.

Tiring online pranksters

What gives, Internet?

For several years running, online pranksters have been following a bizarre pattern of behaviour: Taking the image of Doc Brown's upgraded DeLoreon dashboard from Back to the Future II, modifying it to show a different date and posting it online with the breathless caption, "Today is the day Marty McFly travelled in time to in the future!"

Only it's not. That day is Oct. 21, 2015. But that hasn't stopped countless Photoshop-happy fiends from misleading people on Twitter and Facebook, starting in 2010. It happens on a surprisingly regular basis, and the coming year will likely only see more of such antics.

The question remains, though: What's the point? There's really nothing to gain from duping people with this gag, and it gets disproved quicker and quicker each time. Yet still it persists. Our only guess is the reward is the pure, immature joy of manipulating others' gullibility and willingness to retweet things.

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SCENE 2015: MOVIES

10 Films

Jupiter Ascending, starring Mila Kunis, opens in theatres this February. HANDOUT

1 Jupiter Ascending.

Feb. 6

It's encouraging to know that after not nearly enough people gave Cloud Atlas a shot, Larry and Lana Wachowski aren't playing it safe. Instead, they're doubling down on the bizarre and grandiose science-fiction fare that they're known for. Give Channing Tatum's wolf ears a chance.

2 The Last Five Years.

Feb. 19

While this musical starring Anna Kendrick and Jeremy Jordan isn't necessarily the best date movie — it chronicles a couple falling in and painfully out of love — it's definitely a better Valentine's Day choice than Fifty Shades of Gray.

3 Avengers: Age of Ultron.

May 1.

Let's face it, all these Marvel movies are cool and all — and 2014's two entries were very, very cool — but it's all fun and games until Joss Whedon returns to the scene with the studio's flagship. Bonus points for James Spader voicing an evil killer robot. Even if you're suffering from Superhero Movie Fatigue, at least make room for the cream of the crop.

A new installment in the Avengers franchise comes out in May. THE ASSOCIATED PRESS

Just because Hollywood is still in the grip of Awards Season doesn't mean we can't get excited about what the next 12 months have in store for movie fans. While we have to wait to see what indie and prestigious fare shake out of the festival circuit, mark your calendars with these now.

not to be missed

NED EHRBAR
Metro World News in Hollywood

4 Mad Max: Fury Road.
May 15.

It's been a pretty depressing few years of attempted revamps of '80s action franchises — Total Recall and Robocop come painfully to mind, and yet another Terminator movie looks like the worst yet — but this? This gives us hope. Mostly because Road Warrior guru George Miller is behind the wheel. And because of that jaw-dropping trailer.

Anna Kendrick stars in the breakup movie The Last Five Years. GETTY IMAGES

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5 Tomorrowland.
May 22.

We're not really sure what's going on with this movie, and that's part of what makes it so exciting. George Clooney, a young female protagonist and Brad Bird directing? Count us in. Let's just hope co-writer and Lost alum Damon Lindelof doesn't let us down.

6 Jurassic World.
June 12.

This might be a terrible, terrible mistake, but we're willing to be cautiously optimistic. For now, at least. Director Colin Trevorrow's previous indie work gives us some hope, as does Chris Pratt on a motorcycle flanked by velociraptors. Come on, Pratt. Don't let us down.

Chris Pratt stars in Jurassic World, opening next summer. THE ASSOCIATED PRESS

7 Inside Out.
June 19.

Here's all you need to know about Inside Out. It's Pixar's first original movie in years, and it's about different personified emotions fighting each other for control of a young girl. Right?

8 Pan. July 24.

Director Joe Wright has earned the benefit of the doubt with his spectacular and varied work on Pride and Prejudice and Hannah. But still, a "Peter Pan origin story" sounds like a very cynical, Hollywood idea.

9 Spectre. Nov. 6.

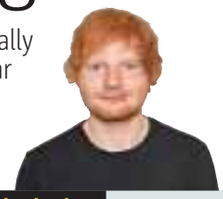
The next James Bond film, with Skyfall director Sam Mendes sticking around for another go. They've barely been filming a month and it's due in theatres in November. You've got to at least admire the work ethic.

10 Star Wars: The Force Awakens.
Dec. 18.

No other 2015 film really embodies the term "anticipated" quite like this one. The more bits of information J.J. Abrams lets out, the more secure we feel in its awesomeness. It's going to be one crazy Christmas.

Ed, Katy and Coldplay rule the streaming world

Taylor Swift and Beyoncé may be hogging all the headlines, but when it comes to artists people are actually listening to, someone has them both beat. Last week, Spotify revealed its list of the year's most popular artists, and at the top is Ed Sheeran, making the lovable redhead the world's most-streamed artist.



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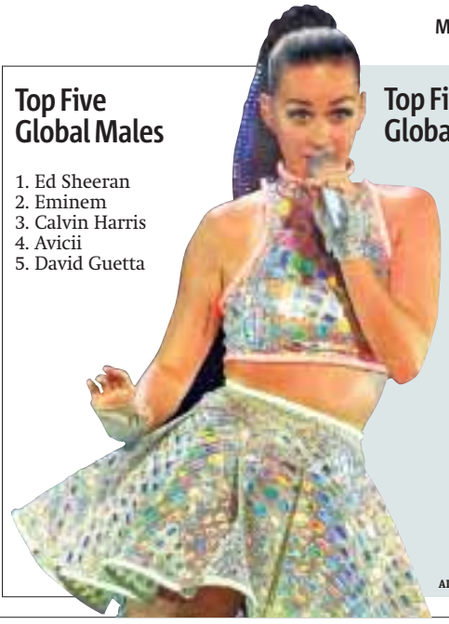
Top Five Global Artists

1. Ed Sheeran
2. Eminem
3. Coldplay
4. Calvin Harris
5. Katy Perry



Top Five Global Males

1. Ed Sheeran
2. Eminem
3. Calvin Harris
4. Avicii
5. David Guetta

Top Five Global Females

1. Katy Perry
2. Ariana Grande
3. Lana Del Rey
4. Beyoncé
5. Lorde

ALL PHOTOS GETTY IMAGES

Top Five Global Groups

1. Coldplay
2. Imagine Dragons
3. Maroon 5
4. OneRepublic
5. One Direction

Other leaders

Here are Spotify's top five tracks, albums and viral tracks for 2014.

- **Top Tracks.** Happy, Pharrell Williams; Rather Be (feat. Jess Glynne), Clean Bandit; Summer, Calvin Harris; Dark Horse, Katy Perry; All of Me, John Legend.
- **Top Albums.** X, Ed Sheeran; In The Lonely Hour, Sam Smith; The New Classic, Iggy Azalea; Girl, Pharrell Williams; My Everything, Ariana Grande.
- **Top Viral Tracks.** Take Me To Church, Hozier; Gooey, Glass Animals; Ojos Color Sol, Calle 13; Coffee, Sylvan Esso; Hey Mami, Sylvan.

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Behold the rapid rise of the YouTubers

Virtual stardom. More and more entertainers are flipping on their webcams and building their own audiences

When Lilly Singh arrived on the set of the Kunal Nayyar movie Dr. Cabbie earlier this year, she faced a bit of a learning curve.

The 26-year-old already had millions of fans and was regularly mobbed by teenage girls at the mall. But the Markham, Ont.-based star wasn't a famous actress or pop singer — she was a YouTuber.

"I went on set and I just started acting right away. They were like, 'No, no, we need to call action,'" Singh recalled with a laugh during a recent telephone interview.

"I'm like, 'You have to call action? What do you mean? No one calls action for me. I call action!'"

Singh is among a new generation of entertainers who are finding massive success on YouTube. With self-produced, low-budget videos, YouTubers are attracting devoted fan followings, earning steady paycheques and increasingly landing film roles, TV shows and record deals.

On her channel IISuperwomanII, Singh posts comedy videos twice a week for her 4.4 million subscribers. She typically shoots them in her parents' house in Markham, where she lives. She plays multiple characters — male and female — with a goofy, refreshing lack of self-consciousness.

YouTube sensation Lilly Singh made her mark playing multiple characters and poking fun at suburban life.
THE CANADIAN PRESS/HANDOUT

With videos like How Girls Get Ready and Types of Kids at School, Singh has fostered a largely suburban, teenage female audience. She often finds humour in her relationship with her Indian parents, frequently donning a fake beard and thick accent to portray her dad.

"I don't feel the need to be this perfect, very pretty type of person, and I think my fans really relate to that," said Singh.

Singh said her upbringing in Scarborough, a diverse suburb of Toronto, greatly influenced her comedic style. One of her first videos to go viral was titled (Stuff) Punjabi Mothers Say, which has now been viewed more than four million times.

"When I first started, inevitably (my fan base was) majority Indian, because my videos were titled, like, 'My Indian parents so-and-so.' Now, I don't do that anymore because I very quickly realized you don't have to put Indian in the title because it applies to everyone, for the most part," she said.

"Even if I'm talking about my (South) Asian parents, I can do it in a way that someone who has Jamaican parents, or Chinese parents, they can relate to it as well."

YouTube creates room for alternative voices that aren't well-represented in mainstream media, said Aubrey Anable, an instructor at the University of Toronto's Department of Visual Studies who has studied digital culture. "There are a lot of YouTube celebrities that are minorities, or their type of performance or what they are doing on YouTube is not something that can be easily found in mainstream media culture," she said.

She said YouTube stardom is distinct from traditional TV and film fame because of a greater sense of intimacy between creator and fan. Often YouTubers shoot their videos in domestic spaces like bedrooms, directly address their fans and appeal to them to subscribe or leave a comment. "All of these are unique to YouTube and I think it creates this sense of connection between amateur YouTube celebrities and their fans," she said. THE CANADIAN PRESS

Money

For those curious about how YouTubers earn money, YouTuber and Toronto comedian Megan MacKay said she is paid through the site's partner program, which places advertising on and around her video content. With YouTube taking 45 per cent off the top, a million hits makes her about $2,000. "It's not like, 'I'm filling a swimming pool with money and I'm going to swim in it for the rest of my life' money, but it's the job. It is a job for a lot of people," she said.

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SCENE 2015: HOROSCOPES

SALLY BROMPTON
winnipeg@metronews.ca

What the stars hold for you

Aries (March 21 to April 20)

You are rarely slow to assert yourself, either in your personal life or in your career, and both the solar eclipse on March 20 and the lunar eclipse on Sept. 28 suggest you will be even more active and ambitious than usual this year. That's great — you are sure to go far — but don't forget that even an ultra competitive Aries needs to recharge their batteries once in a while. Jupiter's move into the well-being area of your chart on Aug. 11 will encourage you to take up some sort of relaxation or meditation technique. You will need it!

Taurus (April 21 to May 21)

Is there something you have neglected to do? More to the point, is there someone you still need to resolve certain issues with? According to the planets there is, and 2015 is the year to sort it out once and for all. Saturn's return to the relationship area of your chart in June will encourage you to do it. Jupiter in your fellow Earth sign of Virgo from Aug. 11 promises great things creatively and, yes, romantically, but only if you do something about all those emotional loose ends. The final four months of the year should be truly spectacular.

Gemini (May 22 to June 21)

Venus and Mars, the relationship planets, join the sun in the most adventurous area of your chart on Feb. 20, so if you are in the market for love you won't have to wait long to find it. Existing relationships will improve as well, especially if you use your imagination and make an effort to spice things up. Saturn in your opposite sign will bring challenges, especially in the closing months of 2015, but it will also bring opportunities to forge long-term alliances with serious people, the kind of people you need to balance your own carefree attitude to life.

Cancer (June 22 to July 23)

Saturn in the well-being area of your chart means you need to pay more attention to your health — physical, mental and emotional. That may not sound like a lot of fun, but don't worry because with Jupiter moving into one of the more outgoing areas of your chart in August, the second half of the year will bring plenty of social opportunities. What happens around the time of the solar eclipse on Sept. 13 will remind you that it can be just as much fun to travel as to arrive, especially when you are the one in charge of the schedule.

Leo (July 24 to Aug. 23)

A family matter you thought had been amicably resolved will return to vex you this year — especially after Saturn moves back into the domestic area of your chart in June. This time there can be no half-measures and no give and take — stamp your authority on the situation and insist that everyone follows your lead. You may be a nice guy by nature but you are nobody's fool, and anyone who thinks they can manipulate your emotions is in for a rude awakening. Treat yourself to a vacation around the time of the lunar eclipse on Sept. 28 — you will have earned it.

Virgo (Aug. 24 to Sept. 23)

The big news this year is the entry of Jupiter into your sign in August. Jupiter improves your lot on every level, but more importantly it widens your outlook on life, enabling you to see connections and possibilities where previously you could see only stumbling blocks and confusion. Mars in sympathetic Taurus from March 31 to May 12 is also an omen of bigger and better things to come, so start making plans and don't let the past limit you in any way, shape or form. Think of 2015 as a new beginning, and don't waste a single day of it.

Libra (Sept. 24 to Oct. 23)

Venus, your ruler, teams up with Mars in late February to create the perfect cosmic environment for love to blossom. If there is someone you want to get close to romantically, don't wait for them to make the first move — spell it out and let them know you think the two of you together would make the perfect couple. Career-wise July is the best month to let employers and senior colleagues know you want a better deal, or you will seek pastures new. Make your demands when Mars links with Mercury on July 16 — it's unlikely they will refuse you.

Scorpio (Oct. 24 to Nov. 22)

You have so many big ideas but you don't seem to be doing much with them. Why is that? Most likely it has to do with the influence of Neptune in the most creative area of your chart. Neptune is the planet of imagination but also indecision, so you tend to chop and change for no good reason. Happily, the influence of go-getting Mars will help you to decide what to focus on in 2015. Set your sights high, but more importantly don't change tack halfway through the year. Whatever you start, see it through to the end.

Sagittarius (Nov. 23 to Dec. 21)

Mars in the domestic area of your chart from mid-January to mid-February will help you get your home life in order, and it's important that you do so because later in the year your focus will be on more worldly matters — you certainly won't have time for family dramas. Jupiter spotlights career issues from Aug. 11 onward and it's quite possible that you will change jobs or even go back to school and study for a completely different line of work. It's never too late to move in a new direction, at least not for someone as adventurous as you.

Capricorn (Dec. 22 to Jan. 20)

Capricorn may be cautious by nature but it is also a cardinal sign, and that means you always work toward a long-term goal. What happens between the solar eclipse on March 20 and the lunar eclipse on April 4 will bring into focus how successful — or not — you have been in turning your ambitions into concrete achievements, and you may well decide on a top-to-bottom relaunch of your life. That may sound drastic but you don't see the point in doing things on a small scale. The bigger you think and act this year, the more you will accomplish.

Aquarius (Jan. 21 to Feb. 19)

When your ruler Uranus squares up to power planet Pluto in mid-March, you will be thrust into a situation that demands a speedy and decisive response. If someone has been taking advantage of your trusting nature, you must deal with them ruthlessly, not just because they deserve it but because you need to let everyone know that you are not a soft touch. The remainder of 2015 will be plain sailing and come November, when Mars moves into the most adventurous area of your chart, you may even be sailing for distant shores. Life should always be an adventure.

Pisces (Feb. 20 to Mar. 20)

Your self-assurance will increase this year — especially around the time of the solar eclipse on March 20, which only just falls in your birth sign but will still do wonders for your confidence. And that's good because a lot of people will be depending on you. The year's other solar eclipse on Sept. 13 suggests you will be called on to fill a leadership role of some sort, one in which you can use your intuition and compassion to bring together people who might otherwise waste time in needless competition. You sense it is time to leave the old divisions of "us" and "them" behind.

LIFE 2015: SOCIAL ETIQUETTE

Time to ditch bad behaviours

Resolutions. Internet culture has permeated our habits and changed how we treat each other — and not in a good way

KATE CARRAWAY
For Metro

Looking for a New Year's resolution? OK, probably not. But you may have spent 2014 participating in one (or, let's be honest, *more*) of these bad, or just sort-of-bad, behaviours. So here's what you might want to resolve to quit doing in 2015.

Public Transit

It's time for a definitive ruling on public-transit behaviour — especially mid-winter, when we're packed in more than usual. Can we finally agree that it's inappropriate to do any kind of grooming on transit?

The nail trimming obviously has to go (the fact that people do this at all will remain a mystery of my lifetime), but I'm also not thrilled to see hair being brushed or lips being glossed or, especially, perfume being applied.

Similarly, eating food — I'm talking takeout, sandwiches, anything with a scent and a personality — is giving your fellow passengers a sensory experience they didn't ask for.

Sneaking a quick face-check via iPhone camera before arriving at your destination, or having a few bites of a granola bar, is permissible, but if you're really givin' 'er, rethink it.

Documenting a concert on your phone is pointless, and it's rude to the performer and the rest of the audience. ISTOCK

'Compliments'

Street harassment was a hotter-than-usual topic in 2014, in part thanks to that viral video of a woman being catcalled as she walked around New York.

It probably came as a surprise to some people (men and women alike) that while just saying "hello" to someone on the street might be done with good intentions, it's not always taken that way (especially when it's the 10th thing a stranger has said to you that day).

It's easy to forget that everyone is having their own individual experience, and imposing ourselves on that experience through unwanted conversation is straight-up rude.

Let's resolve to pay attention to other people's signals, and not assume that everyone is up for a question, a compliment or even a "hi."

Posting

With so many news stories unfolding in real time and being posted on social media, there's a huge opportunity to do it wrong. Huge.

Before posting your opinion — especially if you know less about that issue than other people in your social networks — take a beat, and ask yourself if you really have anything to contribute.

If not, maybe do something else, something positive, with the instinct to weigh in.

Of course, we're all entitled to post whatever we want on our own pages, but good etiquette involves always thinking about how we're creating and affecting other people's experiences.

Not adding something to an existing online cacophony is an easy, subtle way to be polite.

Phone Etiquette

In a movie theatre …
My personal choice for No. 1 worst-ever phone-etiquette foul is using a phone, even just to look at it just for a second, in a movie theatre.

Here's the rule: It's just fine to text, check Twitter, whatever, during the previews, but that thing better be off — *off-off* — before the feature starts. The glow of the screen is super-obvious in a dark theatre, not just to people behind you, but to everyone on either side, all the way to the back. The only time it's OK to use your phone during a movie is if you're in the very back row, and no one else is. Got it? Good.

At a concert …
It's become common practice in the age of smartphones, YouTube, Vine and Instagram to document the parts of life that weren't considered particularly notable even a decade ago, or the parts of life that are really better in the moment, like concerts or stand-up sets.

Taking one of a million grainy clips with terrible sound that end up on the Internet doesn't really have a purpose, anyway, and it's rude — to the performer, to the people you're with and to the rest of the audience — to ignore what's happening in real time.

On the street, or anywhere …
Camera-phone culture means it's become common practice to take photos of other people, semi-randomly and without asking. Which is crazy!

Don't take a picture without first asking if it's cool, and don't post a picture of someone else on the Internet. That anyone would ever do this, without the other person's permission, is evidence of how much Internet culture has permeated our habits when it comes to how we treat each other.

When in doubt in 2015, think of what you might have done in 2005 — or 1995 — for guidance.

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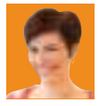
LIFE 2015: FOOD TRENDS

5 ways to boost your health

Everything old is new again! As cultural disconnectedness grows, the search for comfort and cosy becomes more critical. Maybe that's why these coming trends are so reminiscent of the past.



THERESA ALBERT
myfriendinfood.com

1 The REAL deal

If Loblaws is doing it, you know it's a trend that's here to stay, Consumers are choosing foods that are good for their health — looks as though we are finally getting the message that what we do today affects our bodies and quality of life tomorrow. We don't want to "treat" illness, we want to head it off at the pass. All President's Choice products are being (or have been) reformulated to remove artificial colours and flavours ... let the food improvement competition begin!

2 Your calf is grass

Grass-fed is where it's at. Full-on organic can be cost-prohibitive but we know the fat ratio (Omega 3:6:9) is in better balance when your animal is grass-fed. Not to mention the taste is more honest. With companies like Rolling Meadow rolling out grass-fed butter (tastes just like grandma's), yogurt and milk, and Natural Life Choices serving up grass-fed hot dogs, burgers and sausages, you can really go whole hog with the grassy trend.

3 Alternative protein

Let's face it, some of us find the gluten-free trend unappealing. But our high-carb, low-protein diets are killing us. Now protein is finding its way into everything, and perhaps the most comforting trend comes in the form of fresh pasta that is low-cal, high-fibre and high-protein — it's sweeping us off our feet. Look for Skinny Pasta in the refrigerated section of your grocery store and never look back.

4 Rise of the humble sap

The whole world is hugging the maple tree as it turns its back on sugar. This sweetener is showing up in everything from yogurt to doughnuts, in spreads and coffees — meaning the humble sap is taking its place in the limelight. Wear a smudge of it on your cheek with pride.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

5 Fermented friend

Keffir is the new Greek yogurt, for sure, but what else can you do (deliciously) to contribute to a healthy gut? Kimchi, sauerkraut and tempeh are all fermented foods that deliver other strains of probiotics and food to feed them with.

ALL PHOTOS ISTOCK

World juniors at home is the best gift of all

Five reasons why. This holiday season, watch the daring Danes, the frustrated Swedes and cheer on Canada's young guns

KRISTEN LIPSCOMBE
kristen.lipscombe@metronews.ca

Team Canada players stretch at selection camp on Dec. 15 in St. Catharines, Ont. FRANK GUNN/THE CANADIAN PRESS

With hanging wreaths and wrapping presents comes another important holiday tradition — world juniors.

Here are five reasons to watch the 2015 IIHF world junior championship, starting Boxing Day and concluding with medal games on Jan. 5:

5. Daring Denmark
Denmark may not be the top team at the rink, but will be interesting to watch. The country has earned its way back into the world's best junior tournament after winning gold in the 2014 IIHF U20 World Championship Division I Group. The daring Danes are serious about competing, and they used the World Junior A Challenge, held earlier this month in Kindersley, Sask., as a world juniors warm-up. It's a family affair for head coach Olaf Eller, whose son Mads plays forward for him, and won the 2014 Memorial Cup with the Edmonton Oil Kings.

4. NHL star power
Many junior-age NHL players jump at the chance to wear their country's colours on the ice, and Canadian Anthony Duclair is no exception. The New York Rangers have released him so he can re-join Team Canada at the world juniors. Players such as Jonathan Drouin of the Tampa Bay Lightning, Aaron Ekblad of the Florida Panthers and Nathan MacKinnon of the Colorado Avalanche are staying in the big leagues.

3. Swedish vengeance
Sweden is sick of silver. After losing to the U.S. in the 2013 final and falling 3-2 in overtime to rivals Finland in last year's championship game, nothing less than gold will do for the frustrated-with-second-place Swedes. Perhaps more so for forward Jacob de la Rose and defenceman Robert Hägg, who represented their country at both of those world junior disappointments. They have a good chance of getting what they want. Both have also been improving in North America this season, de la Rose with the AHL's Hamilton Bulldogs and Hagg with the AHK's Leigh Valley Phantoms.

2. Russian Wildcats
Forward duo Ivan Barbashev and Vladimir Tkachev aren't just teammates on their country's national junior team, they're also former teammates on the Moncton Wildcats of the Quebec Major Junior Hockey League. Yep, a couple of Russian kids have honed their skills together, in the middle of our Maritime provinces. Although Vladimir Tkachev was traded earlier this month to the Quebec Remparts, both like the QMJHL style of play and because of that experience, will be comfortable on the North American-sized ice surfaces in Toronto and Montreal. These two Q-league imports intend to improve on Russia's two straight bronze medals, and reclaim gold-medal bragging rights.

1. It's at home!
Hockey folks know that fans in the stands can become the all important "seventh player" on the ice for the home team, so Canada has a clear advantage this year, since the tournament is taking place in Montreal and Toronto. Whether you're watching on your tablet or television, or seeing it unfold live at Bell Centre or Air Canada Centre, game action will be impacted by an awesome atmosphere, and your cheers for the red and white could make a difference on the road to gold.

For updates, go to metronews.ca

4 SPORTS

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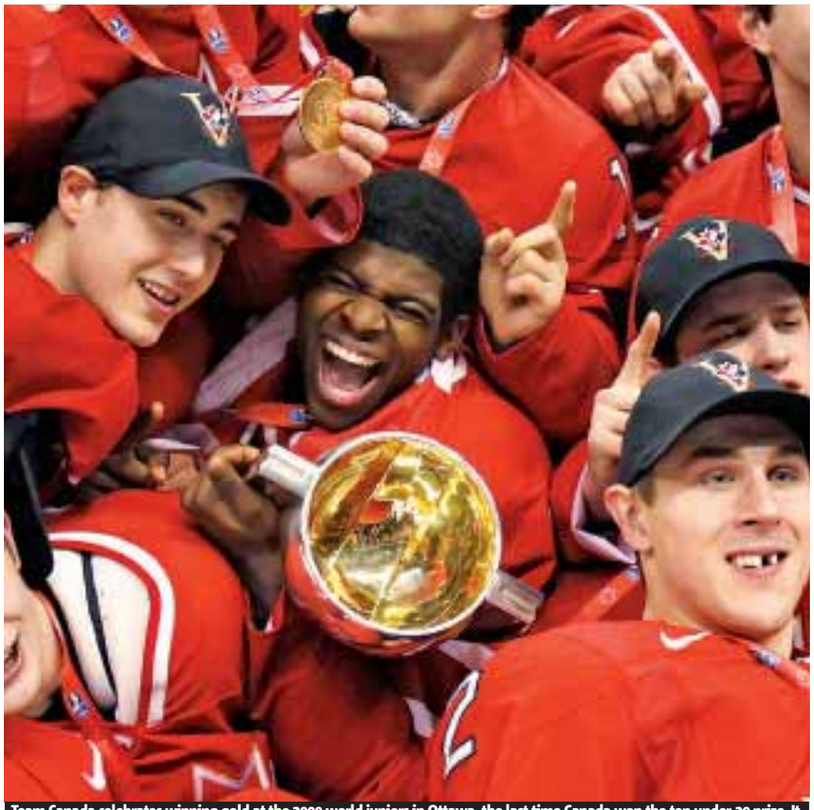


Team Canada celebrates winning gold at the 2009 world juniors in Ottawa, the last time Canada won the top under-20 prize. It was Canada's fifth straight championship. TOM HANSON/THE CANADIAN PRESS FILE

Let's hope this year starts a medal feast

Peaks and troughs. Five golden years preceded five goldless years so a turnaround is due

CAM TUCKER
cam.tucker@metronews.ca

For Canada, when it comes to winning gold at the IIHF world junior championship, it's been feast or famine.

The last time Canada won the under-20 tournament was 2009 in Ottawa. The late Pat Quinn was behind the bench. That capped off a run of five straight gold medals for the red and white, a feat the nation also celebrated in the mid-1990s.

But since Ottawa, Canada's world junior team has fallen on hard times. Five years without gold. No medals in each of the last two competitions. Break out the inevitable wisecracks about Canada needing a mass summit of brilliant minds and big names to cure what ails our game and restore the nation's place in hockey greatness.

This drought isn't unprecedented, but you'd have to go all the way back to the early 1980s, the days of Soviet Union domination in hockey, when Canada had a run of two or more years of finishing without a medal.

This year's tournament, starting Boxing Day, takes place in Toronto and Montreal — two of Canada's largest, most historic hockey markets. There's nowhere to hide. The pressure on Canada's junior team has always been great. It will be greater this time around. The feeling has long been anything short of gold in this tournament is a failure. Maybe that's unfair.

It's turned into a tradition for hockey fans coast to coast, tuning in during the holiday season, skipping work — sorry, "calling in sick" — to watch.

The world juniors have long since been a staple on TSN, and since that network lost its NHL broadcast deal, this tournament is sure to garner more focus from a television aspect, especially because, well, Toronto.

The last time Canada broke out of its gold-medal funk — back in 2005 — Sidney Crosby was on the team. The 2014-15 team has teenage phenom Connor McDavid. A sign, perhaps?

Details

Canada has been drawn into a tough Group A against the U.S., Finland, Slovakia and Germany in Montreal. Group B, played at Toronto's ACC, consists of Russia, Sweden, Czech Republic, Switzerland and Denmark. Here's a look at Canada's group stage games:

- **Fri., Dec. 26 vs. Slovakia**
- **Sat., Dec. 27 vs. Germany**
- **Mon., Dec. 29, vs. Finland**
- **Wed., Dec. 31, vs. U.S.**

AUGMENTED REALITY

Stuck on 12 Across? Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.

→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
If you are nice to someone who does not deserve it today you will benefit in unexpected ways early in the new year. People in positions of authority will single you out for bigger things.

♉ Taurus
April 21 - May 21
Try not to waste money on things you do not need. It may not bother you now but in a few weeks time you may regret having been so free and easy with your cash.

♊ Gemini
May 22 - June 21
Keep personal info to yourself today. You may be tempted to bare your soul and let a certain person in but the planets warn that is not a good idea.

♋ Cancer
June 22 - July 23
It may be obvious that a loved one is keeping something from you but there is a good reason. This is one of those occasions when it really is better that you don't know what is going on.

♌ Leo
July 24 - Aug. 23
If someone in a position of authority wants you to do something for them today then most likely you will have no choice in the matter. Make it the best thing you've ever done.

♍ Virgo
Aug. 24 - Sept. 23
There is something you want to do with your life but it means giving up so much of what you already know. Is it worth it?

♎ Libra
Sept. 24 - Oct. 23
If you try to help someone out but they reject your offer, don't take it personally. Most likely they are under such pressure that they can't think straight.

♏ Scorpio
Oct. 24 - Nov. 22
According to the planets, a loved one is getting emotional for no good reason and it is up to you to calm them down and help them see sense again.

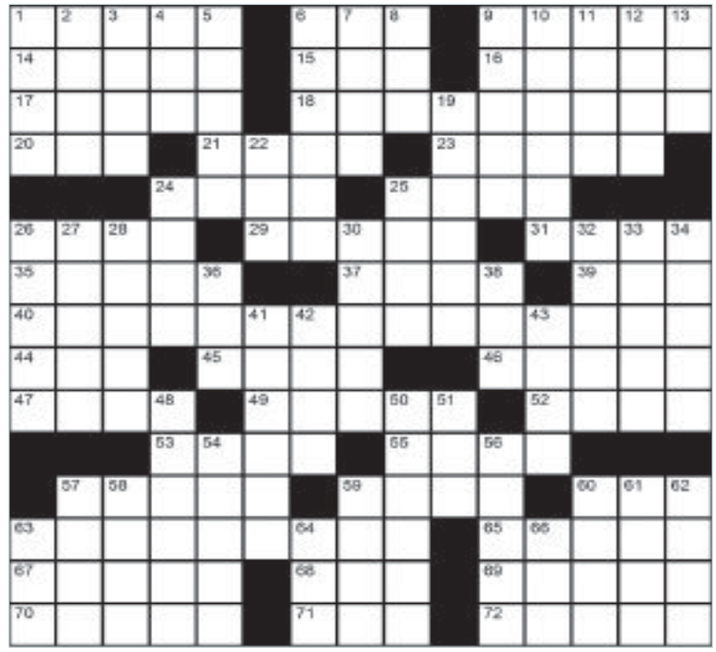
♐ Sagittarius
Nov. 23 - Dec. 21
There is no such thing as a sure thing. Keep that in mind today — you won't go wrong. Certainly not as wrong as some of your friends, who seem to think they can do as they please.

♑ Capricorn
Dec. 22 - Jan. 20
You should be doing more with your talents. You have what it takes to make a mark on the world, so step into the light. Do something out of the ordinary.

♒ Aquarius
Jan. 21 - Feb. 19
You like to be controversial but watch out you don't push it a little too far today and annoy someone you should try to stay on good terms with.

♓ Pisces
Feb. 20 - March 20
Neptune in your birth sign means you are at your best when you let the caring side of your nature come to the fore. Don't worry that some might take advantage of you — that's a problem for their conscience.

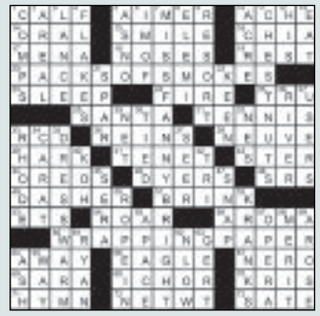
Crossword: Canada Across and Down by Kelly Ann Buchanan



Across
1. December 26th: They draw customers to stores
6. 4 qts.
9. Comedian Drew
14. Hero of Upper Canada, Sir __ Brock (b.1769 - d.1812)
15. 'Select' suffix
16. Jane Eyre was her governess
17. Laboratory dish
18. Bargains: 2 wds.
20. Freelancer's encl.
21. Move like a river
23. Pup's protests!
24. Soap brand
25. __-aging cream
26. The ___ (Nickname of Montreal's 1976 Summer Olympics stadium)
29. Type of snake
31. Charity contributions
35. Hasn't _ __ (Doesn't realize)
37. Supplier for Wile E. Coyote
39. Nodful word
40. Boxing Day, to many: 2 wds.
44. Belonging to Sioux City's li'l state
45. Nylons nick
46. Lifetime series, "Devious __"
47. US crash-investigating agcy.
49. Washer and __
52. Sailboat part
53. Larger-than-life
55. Coat, as with plaster
57. Scottish comedian Mr. Ferguson
59. Adhere
60. Barenaked Ladies song: "Be My Yoko __"
63. Place to eat at the mall: 2 wds.
65. Lifeboat lowering crane
67. Sidewalk artist's tool
68. City of Brazil, with Paulo
69. Decree
70. Canadian rock band, __ Hatch
71. Always, fancy-style
72. Beverly Hills' __ Drive

Down
1. Has the beverage bit-by-bit
2. "...or to take arms against _ __ of troubles..." - Hamlet
3. Behind
4. Head hearer
5. Movie genre
6. Richard Gere flick, "American __" (1980)
7. Profess
8. The Lion
9. Military trainee
10. George Clooney's sister
11. Gather
12. Building extensions
13. Nod's meaning
19. Go-getter
22. Quebec locale, __-Beauport
24. Fasten, as shoelaces: 2 wds.
25. Shoe prop, __ support
26. Drainage __
27. Apple instant messaging application
28. Makeup kit item
30. Like oversized clothing
32. Actress Ms. Cornell
33. Honey drinks
34. Speak, archaically
36. Mini-albums, commonly
38. Street for Freddy
41. Canadian bookstore
42. Drug deal buster, commonly
43. Poetic foot
48. Mr. Bumble's gig in Oliver Twist
50. Newspaper VIP
51. Sprinted
54. Fussy
56. Bovid bag
57. Small salmon
58. Horse hue
59. Highlands hillside
60. Roman love poet
61. Pleasant
62. "The Simpsons" bus driver
63. US broadcasting regulator
64. "What's the __?" (Why bother)
66. Commotion

Dec. 24's Crossword



Online

See today's answers at metronews.ca/answers

Conceptis Sudoku by Dave Green

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Dec. 24's Sudoku

4	8	6	1	5	9	2	3	7
7	5	2	6	3	4	9	1	8
9	1	3	2	7	8	4	6	5
5	6	4	9	2	7	1	8	3
8	9	7	3	4	1	5	2	6
2	3	1	8	6	5	7	4	9
1	2	5	7	8	6	3	9	4
3	4	8	5	9	2	6	7	1
6	7	9	4	1	3	8	5	2

5	1	9						
4					3			
3				7				
			3	6			2	
		8	1		5	9		
	6			8	7			
				9				4
			2					5
						7	9	6

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0% PURCHASE FINANCING FOR UP TO 96 MONTHS† ON SELECT MODELS

GET UP TO AN ADDITIONAL $1,250 IN BOXING WEEK PRICE ADJUSTMENTS◄ ON SELECT 2014 MODELS!

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5-Star Overall Crash Safety Rating▲

Limited model shown♦

HWY: 8.2L/100 KM
CITY: 11.4L/100 KM▼

2014 SANTA FE SPORT 2.0T SE

$3,250 IN PRICE ADJUSTMENTSΩ + $1,250 IN ADDITONAL BOXING WEEK PRICE ADJUSTMENTS◄ = $4,500 TOTAL PRICE ADJUSTMENTS

2014 Accent "Highest Ranked Small Car in Initial Quality in the U.S.ΔΔ"

GLS model shown♦

HWY: 5.3L/100 KM
CITY: 7.5L/100 KM▼

2014 ACCENT 4DR L

OWN IT FOR ONLY $33 WEEKLY | 0% FINANCING FOR 96 MONTHS†

ACCENT 4 DOOR L, MANUAL. **SELLING PRICE: $13,680.** $1,500 PRICE ADJUSTMENTΩ, DELIVERY AND DESTINATION INCLUDED. PLUS GST/PST.

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Sport 2.0T model shown♦

HWY: 7.4L/100 KM
CITY: 10.4L/100 KM▼

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2014 Elantra "Highest Ranked Compact Car in Initial Quality in the U.S.ΔΔ"

Limited model shown♦

HWY: 6.7L/100 KM
CITY: 9.7L/100 KM▼

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®The Hyundai names, logos, product names, feature names, images and slogans are trademarks owned by Hyundai Auto Canada Corp. ‡Cash price of $12,995 available on all new 2015 Elantra L 6-speed Manual models. Prices include Delivery and Destination charges of $1,595, fees, levies and all applicable charges (excluding GST/PST). Prices exclude registration, insurance, PPSA, license fees and dealer admin. fees of up to $499. Fees may vary by dealer. Delivery and Destination charge includes freight, P.D.E. and a full tank of gas. †Finance offers available O.A.C. from Hyundai Financial Services based on a new 2014 Accent 4 Door L 6-speed manual/2015 Sonata GL Auto with an annual finance rate of 0% for 96 months. Weekly payments are $33/$59. $0 down payment required. Cost of Borrowing is $0. Finance offers include Delivery and Destination of $1,595/$1,695, levies and all applicable charges (excluding GST/PST). Finance offers exclude registration, insurance, PPSA, license fees and dealer admin. fees of up to $499. Fees may vary by dealer. Financing example: 2014 Accent 4 Door L 6-speed manual for $13,680 at 0% per annum equals $33 weekly for 96 months for a total obligation of $13,680. $0 down payment required. Cash price is $13,680. Cost of Borrowing is $0. Example price includes Delivery and Destination of $1,595, levies and all applicable charges (excluding GST/PST). Finance example excludes registration, insurance, PPSA, license fees and dealer admin. fees of up to $499. Fees may vary by dealer. ΩPrice adjustments are calculated against the vehicle's starting price. Price adjustments of up to $4,635/$3,250/$7,000 available on in stock 2015 Elantra L 6-speed manual/2014 Santa Fe Sport SE/2015 Genesis Coupe 3.8L GT. Price adjustments applied before taxes. Offer cannot be combined or used in conjunction with any other available offers. Offer is non-transferable and cannot be assigned. No vehicle trade-in required. ◄Boxing week price adjustments are calculated against the vehicle's starting price. Boxing week price adjustments of up to $1,250/$1,000 available on in stock 2014 Santa Fe Sport SE/2014 Accent 4-Door models. Boxing price adjustments applied before taxes. Offer cannot be combined or used in conjunction with any other available offers. Offer is non-transferable and cannot be assigned. No vehicle trade-in required. ♦Prices of models shown: 2015 Elantra Limited/2014 Santa Fe Sport 2.0T Limited AWD/2014 Accent 4 Door GLS Auto/2015 Sonata Limited are $27,380/$41,030/$20,880/$32,830. Prices include Delivery and Destination charges of $1,595/$1,795/$1,595/$1,695, levies and all applicable charges (excluding GST/PST). Prices exclude registration, insurance, PPSA, license fees and dealer admin. fees of up to $499. Fees may vary by dealer. ▼Fuel consumption for new 2015 Elantra 2.0 Limited (HWY 6.7L/100KM; City 9.7L/100KM); 2014 Santa Fe Sport 2.0T SE Limited AWD (HWY 8.2L/100KM; City 11.4L/100KM); 2014 Accent 4-Door GLS Auto (HWY 5.3L/100KM; City 7.5L/100KM); 2015 Sonata 2.0T Ultimate (HWY 7.4L/100KM; City 10.4L/100KM); are based on Manufacturer Testing. Actual fuel efficiency may vary based on driving conditions and the addition of certain vehicle accessories. Fuel economy figures are used for comparison purposes only. ΔThe Hyundai Accent/Elantra received the lowest number of problems per 100 vehicles among small/compact cars in the proprietary J.D. Power 2014 Initial Quality StudySM (IQS). Study based on responses from 86,118 new-vehicle owners, measuring 239 models and measures opinions after 90 days of ownership. Propriety study results are based on experiences and perceptions of owners surveyed in February-May 2014. Your experiences may vary. Visit jdpower.com. ▲Government 5-Star Safety Ratings are part of the U.S. National Highway Traffic Safety Administration's (NHTSA's) New Car Assessment Program (www.SaferCar.gov). ‡†♦ΩOffers available for a limited time and subject to change or cancellation without notice. Dealer may sell for less. Inventory is limited, dealer order may be required. Visit www.hyundaicanada.com or see dealer for complete details. ††Hyundai's Comprehensive Limited Warranty coverage covers most vehicle components against defects in workmanship under normal use and maintenance conditions.